

Olympic Weight Lifting Program at Neil McNeil



Eamonn Dorgan(Coach/teacher), Justin Spencer, Carl Aplacador, Hani Kanama(Coach), Patrick Bass, Tyler Nassiri.

Over the past three years, Neil McNeil High School has run an Olympic Lifting program, under the supervision and expertise of Ontario provincial coach Hani Kanama. The team has met with great success with many at-risk students by motivating them to stay in school.

Hani Kanama is one of many dedicated coaches at Neil McNeil. The Olympic Lifting Team trains four days a week throughout the year. “The impact on our school community and on the lives of particular students is immeasurable. Hani’s concern for and support of the athletes in this program has changed the lives of these young men. He is a wonderful coach but, he is also a great mentor for his athletes,” said principal John Shanahan.

Recent results this season include:

Ontario Junior Championships in North Bay:

Patrick Bass	-	Gold (1st in 56kg weight class)
Tyler Nassiri	-	Bronze(3rd in 69kg class)
Justin Spencer	-	Bronze (3rd in 77kg. Class)
Carl Aplacador	-	Personal Best (69 kg class)
Kester Munro (Neil Alumnus)	-	Gold (1st in 62 kg class)

Canadian Junior Championships in Lachute, Quebec:

Patrick Bass	-	Silver medal (56kg)
Carl Aplacador	-	Third Place(62kg)
Kester Munro Neil Alumnus)	-	Bronze medal (62 kg)
Justin Spencer competed in 77kg		
Tyler Nassiri competed in 69kg		



Right:: Patrick Bass – Gold and Silver Winner

BACKGROUND

What is Olympic Weight Lifting?

Two lifts are involved in the sport of Olympic Weightlifting -Snatch and Clean and Jerk **Snatch.**

In the **snatch**, the bar is pulled in one explosive motion from the floor to full arm's length overhead. In order to make the lift easier to perform, athletes typically bend their legs quickly while the bar is rising in order to catch the bar at arm's length. The combined attributes of great strength and blinding speed are needed to accomplish this challenging event effectively. The best lifters in the world (in the lighter weight classes can lift as much as 2.5 times their bodyweight in the Snatch). The best super heavyweight weightlifters in history have lifted nearly 500 lb./227.5 kg. in this lift.*

**Taken from The Weightlifting Encyclopedia, by Artie Dreschler*

Clean & Jerk

In the **clean and jerk (C&J)**, the bar is also lifted to full arm's length overhead. However, although it is considered one event, the C&J is really two lifts that must be completed one immediately after the other. In the clean, the bar is raised (pulled) in an explosive motion from the floor to a point of rest approximately at the level of the shoulders. (The rules permit lifting the bar within a zone from the chest above the nipples to a position above the shoulders, as long as the arms are in a fully bent position with the bar resting on the hands in the latter case).

The second part of the C&J, the jerk, consists of bending the legs and then extending both the arms and the legs to bring the bar to full arm's length over the head in one explosive motion. In order to make the lift easier to perform, athletes typically drop into a "split" position, or merely bend their legs quickly while the bar is rising in order to catch the bar at arm's length. Since the athlete is lifting the bar in two stages in the C&J, heavier weights can be lifted in the C&J than in the snatch.

The best lifters in the world in the lighter weight classes can lift as much as 3 times their bodyweight in the C&J. The best super heavyweight lifters in history have lifted nearly 600 lb./272.5 kg. in this lift. Often referred to as the "King (or Queen) of the lifts", the C&J is the greatest single test of overall strength and power known.*

**Taken from The Weightlifting Encyclopaedia, by Artie Dreschler*